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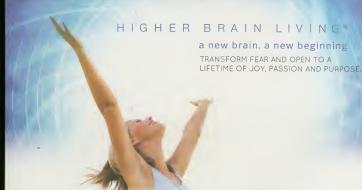
EATING ECOLOGY

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"I never would have believed a brain could change that fast."

Penny Montgomery, PhD, neuropsychologist, and brain researcher and author, after conducting research on Higher Brain Living

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letterfrompublisher



Welcome to the April issue of Seattle Natural Awakenings!

This month marks our second anniversary publishing Natural Awakenings in Seattle. While I can hardly believe two years has passed since I proudly picked up that very lirst issue fresh off the press, it's been an adventure and I am so pleased to have become a part of the healthy and sustainable living community here in the greater Seattle area.

Since we launched, we've nearly doubled our readership from 25,000 to 45,000 monthly readers. We've supported and been involved with wonderful organizations like the Northwest EcoBuilding Guild, Vegetarians of Washington, and many others. I've person-

ally passed out thousands of copies of the magazine at events. I consistently hear from readers that our calendar section has been a resource to help you find community and growth. However, my best memories of the past two years are the stories, told one at a time, by the people with who I have crossed paths. Your stories of hope, healing, choosing to live your fullest life and supporting the community around you are my fuel, my passion and my inspiration. We wouldn't be here without you reading and supporting our advertisers, and I thank you for your engagement with us and the natural and green living community.

This month, you can get some of your own inspiration for green living, our April theme, when you participate in the NW Green Home Tour. It's free and the program is printed in the back of this issue, so flip it over and check out the many exciting sites.

I was also inspired by some of the creative ideas for eating well while making your diet and food habits more sustainable in "Eating Ecology" (page 18). The very first step I ever took into sustainable healthy living was to switch to natural cleaning products, and "Household Cleanse" (page 22) notes the dangers of common chemicals and offers some great substitutions.

We're looking forward to many more stories and continuing to develop and deepen our ties in the community. Here's to the next two years and beyond!

To your health and happiness,

an

Front cover photo by AJ Mallory, Bright House Images. Photo features the following members of the NW Green Home Tour committee, from left to right: Sheldon O'dahl, Dirty Dog Productions; Ann Dorn, Seattle Natural Awakenings Magazine; Cale O'dahl, ESP Services; Nancy Small, Maple Leaf Management; Kim Mulligan, Realtor GREEN: Cooper Jacobs Real Estate; Robert Burns, ENVISION; Jason Legat, Model Remodel. For more about the photographer, see page 9.



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Subscriptions are available by sending \$30
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Natural Awakenings is printed on recycled newsprint with soybased ink.



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Seattle Awakenings.com

newsbriefs

Higher Brain Living Introduces Practitioner Opportunity

Higher Brain Living facilitators Dr. Craig Polsfuss & Zach Polsfuss will present a seminar "Introduction to the Higher Brain Living® Licensing Opportunity" on Thursday, May 16 at the Bellevue Hilton. The seminar, which is free with pre-registration or \$25 at the door, will introduce the gentle touch technique based on



neuroscience and licensing program. "A revolution is taking place that will forever change the way

you view human transformation and potential," says Dr. Craig Polsfuss, who is a psychologist. "For the first time in history you can change the physiology of your brain by opening an organic energy surge that creates a lasting pathway from the primitive fear-based lower brain to a lifetime of higher brain happiness, empowerment, purpose and growth."

Individuals wishing to become Higher Brain Living practitioners may add the technique to their existing healing arts practice or create a stand-alone business, Polsfuss says, noting the business has six-figure income potential.

"This opportunity is open to all health and helping disciplines and anyone passionate about transforming individual lives and changing the world," Polsfuss finishes.

The Higher Brain Living seminar takes place Thursday, May 16, from 7-9pm at the Bellevue Hilton, 300 112th Ave SE, Bellevue. Free with pre-registration; \$25/door, Register at HigherBrainLivingEvents.com. An additional seminar takes place Thursday, May 9, 7-9pm at the Hilton Vancouver Metrotown, 6083 McKay Ave, Burnaby, BC.

Mighty House Construction Approved Contractor For Community Power Works

C eattle-based Mighty House Construction is now an approved contractor with the Community Power Works program. Specializing in innovative, sustainable transformations, Mighty House Construction is co-owned by Doug and Laura Elfline, a third generation construction specialist and self-described green building junkie.



"Our specialty is helping homeowners maximize the potential of their homes," says Laura Elfline, co-owner of Mighty House Construction. "Thoughtful changes can make a big impact, whether it is installing radiant heating and insulation in a drafty home, repurposing old cabinets into a new, more modern layout, or replacing dated flooring with healthy, eco-friendly, and beautiful new finishes. It's all about how small shifts can make radical change in how people live, play, and grow in their home."

Community Power Works, a program in partnership with the City of Seattle, offers homeowners an opportunity to audit their home's energy use at a fraction of the retail cost, plus provides financial intenetives in addition to rebates to make the upgrades and renovations that are needed to reduce energy usage and increase cost savings. "The audits empower homeowners with the tools they need to make effective and impactful change," Effline says, explaining that participating homeowners are expected to see an energy savings of 30-80 percent following the upgrades.

"We are proud to be an approved contractor with the Community Power Works Program," Elfline continues. "The incentives and loan programs help regular homeowners improve the efficiency and health of their homes while offering long-term financial security as a result of living in a higher-efficiency home."

The Community Power Works program is slated for renovations of its own starting this fall, so Laura and Doug Elfline both encourage homeowners to enroll in the program right away to maximize the incentives. "It all begins with an energy audit—It's like having an x-ray view of your entire home," Laura Elfline finishes.

Tour a Mighty House Construction remodel on the free NW Green Home Tour, April 27, 11-5pm. 'A Sustainable Madrona Bungalow' includes energy retrofits made via the Community Power Works program. For more information: NW-GreenHome Tour.org or MightyHouseConstruction.com.

Local Design Firm Showcases Sustainable Art Studio

Local architect firm H2D Architecture + Design recently designed a backyard artist's studio which will be featured on the upcoming NW Green Home Tour on April 27. The studio, featuring environmentally sensitive materials, is certified Built Green. Sustainable



Photo: H2D Architecture + Design

features include open Photo: ILDD Architecture + Design ratin screen siding, which encourages ventilation and helps prevent mold while maintaining high insulation efficiency; reclaimed materials, recycled content tile, and naturally daylit spaces.

H2D Architecture + Design is a full service architecture and design firm owned by Heidi Helgeson and specializing in creating environmentally sensitive architecture. The firm focuses on small commercial and residential projects, such as new custom homes, additions and remodels.

The Northwest Green Home Tour is a free event and open to the public. The tour is on Saturday, April 27 from 11-5pm. Helgeson will be giving tours and sharing about the green features of the H2D Architecture + Design back-yard artist studio on the day of the tour.

The Green Home Tour takes place April 27 from 11-5pm at over 30 participating locations through the Seattle area. Free. H2D Architecture + Design backyard artist studio is located at 11509 Phinney Ave N, Seattle. For more information: WWGreen Home Tourong or H2dArchitects.com.

Snatam Kaur Comes To Seattle

Popular sacred music artist Snatam Kaur is coming to Seattle for a concert on May 18 and a workshop titled "Awaken the Kundalini" on May 19.

Snatam Kaur sings and accompanies herself on harmonium (Indian pump organ) or the violin or guitar. Her lyrics are based on Sikh mantras, with simple English verses added. Most songs are done in kirtan mode, or "call and response."



with Kaur singing a line and the audience singing it back. Kaur is joined on this tour by San Francisco based guitarist, multi-instrumentalist and composer Todd Boston, and tabla player and percussionist Ramesh Kannan.

On May 19, Kaur will lead a workshop and will share postures, movements, breathing and mantra chanting techniques designed to help us awaken kundalini (life energy) and cause it to flow harmoniously.

Concert will be held at 7:30pm, May 18 at the Center For Spiritual Living, 5801 Sandpoint Way NE, Seattle, \$40. The workshop will be held 2-5pm, May 19 at St. Andrew's Episcopal, 111 NE 80th St, Seattle. \$60/advance; \$70/door. For more Information and to purchase tickets: Spirit Woyage.com.



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April 2013

healthbriefs

Biweekly Garbage Switch Prompts Disposable Deliberation

ast month. the City of Tacoma began switching to biweekly garbage pick-up. prompting Baby Diaper Service



owner Mark Stief to imagine how Seattle would be affected by such a change. While Seattle currently has no plans to implement biweekly garbage pick-up, Seattle Public Utilities recently concluded an 800 household pilot study and is scheduled to issue a report to the city council this June, potentially making the possibility of switching to biweekly garbage service closer to reality.

While Stief praises the pollution-reducing aspects of a potential switch, he notes that families with children in disposable diapers may be thinking long and hard about switching to using his cloth diaper service, which will continue to pick up used cloth diapers and replace them with hygienic, fresh clean diapers on a weekly basis.

"A family without kids in diapers has about 20 pounds of garbage per week, and a family with a child in disposable diapers is going to double that," Stief says, explaining that soiled disposables sitting around for two weeks in warm weather would make for some unpleasant odors or worse.

"Disposable diapers are the third largest volume household product in our waste stream, and unlike the other products, it's contaminated by chemicals, human waste and even live vaccines. Why don't we outlaw it?" Stief asks, noting that stores have been banned from providing plastic bags in Seattle although they don't cause nearly as much environmental harm as disposable diapers.

Stief says there are endless environmental and health reasons to switch to cloth diapers, but there are also personal reasons as well.

"I often hear parents say that with a newborn baby, their life was so hectic and out of control, but once a week the driver came and brought clean, fresh diapers and they could look at that one square foot on the floor and feel that one thing was going right," he says.

For more information: BabyDiaperService.net or 206-634-2229.

Tumeric Acts Against Cancer

hroughout history, the spice turmeric has been a favored seasoning for curries and other Indian dishes. Its pungent flavor is also known to offer medicinal qualities turmeric has been used for centuries to treat osteoarthritis and other illnesses because its active ingredient, curcumin, can inhibit inflammation.



A new study led by a research team at Ludwig-Maximilians-Universität.

in Munich, Germany, has shown that turmeric can also restrict the formation of metastases and help keep prostate cancer in check. The researchers discovered that curcumin decreases the expression of two pro-inflammatory proteins associated with tumor cells and noted that both prostate and breast cancer are linked to inflammation. The study further noted that curcumin is, in principle, suitable for both prophylactic use (primary prevention) and for the suppression of metastases in cases where an established tumor is already present (secondary prevention).



A DIET FOR **HEALTHY** BONES

↑ ge-related bone mass loss and decreased bone strength affect both genders. Now, the first randomized study, published in the Endocrine Society's Journal of Clinical Endocrinology and Metabolism, indicates that consuming a Mediterranean diet enriched with olive oil may be associated with increased serum levels of osteocalcin.

a protein that plays a vital role in bone formation. Earlier studies have shown that the incidence of osteoporosis in Europe is lower in the Mediterranean basin, possibly due to the traditional Mediterranean diet, which is rich in fruits, vegetables, olives and olive oil.

Getting the Lead Out

The U.S. Centers for Disease Control and Prevention (CDC) recently redefined the "action level" for lead exposure in children. Youngsters are now considered at risk and qualify for careful medical monitoring if they have more than five micrograms per deciliter of lead in their blood—half the previous threshold. Lead poisoning can cause cognitive and behavioral problems, and the American Academy of Pediatrics recommends testing blood lead concentration levels at age 1 and again at 2, when concentrations peak.

Most lead poisoning cases occur in substandard housing units, especially those with window frames still coated with lead-based paint banned since 1978. Families in Meellings built before 1950 should also be vigilant about

built before 1950 should also be vigilant about lead. The Consumer Products Safety Commission cau-

tions that home lead test kits sold online and at hardware stores may not be reliable enough to identify and remove sources of exposure. Professional contractors offer more accurate results.

Children exhibiting blood lead levels above the new threshold are usually monitored, rather than treated with medications that carry serious risks. Once lead sources are removed, children's blood lead levels typically return to a more normal range within weeks.

The CDC confirms that rather than remedial treatment, the primary goal should be making sure children aren't exposed to lead in the first place. Fortunately, the levels of most of America's youngest children today are well below the revised action point, with average blood lead content of 1.8 micrograms, while school-age children, teenagers and adults face little risk.



About The Cover Photo Artist



A J Mallory is the owner of Bright I House Images and specializes in architectural and product photography. A former IT manager and network engineer, Mallory left the world of technical support management and moved to the Seattle area when his wife took a temporary assignment in Washington in 2010.

"I took some time off to think about what I wanted to do when I grew up," Mallory explains. "I've always had an interest in architecture and love seeing designed spaces. That combined with my desire to thoughtfully study my subject made architectural photography a natural choice."

While Mallory received a camera as birthday gift when he was young and had a strong interest in photography during high school, he says the timing wasn't right until his arrival in the Northwest.

Along with an interest in the technical details of architectural photography, Mallory quickly came to appreciate the relationships that formed.

"I enjoy working with people and I love collaborating with my clients," he says. "I enjoy being able to take my time with my subject and to think about how it can be best represented in a photograph."

Mallory and his wife are avid Nordic skiers and kayak and canoe enthusiasts and live in Seattle.

For more information: BrightHouseImages.com.



healthbriefs

How Does Your Garden Glow?

ardening can be a healthy pastime... as long as toxic tools aren't involved. Researchers at the Ann Arbor, Michigan-based Ecology Center recently tested nearly 200 garden essentials—especially hoses, hand tools, gloves and knee pads—for chemicals and heavy metals such as lead, cadmium, phthalates and Bisphenol A (BPA), which are linked to birth defects, hormone imbalances, learning delays and other serious health problems. The researchers found that nearly two-thirds of the tested products contained levels of chemicals that concerned them greatly.

Cautious gardeners should seek products that are free of polyviny chloride (PVC) and lead-free, and follow good garden hose hygiene: Avoid drinking out of the hose, don't leave it exposed to the sun (where water within the hose can absorb chemicals) and always flush it out before watering edible plants.

Source: EcologyCenter.org

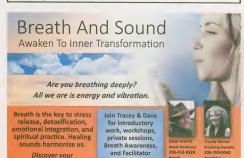


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Easing up on java consumption or
switching to decaf may be a wise
move for coffee lovers, according to
relatific raper published in function

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Researchers obtained data from 78,977 women from the Nurses' Health Study and 41,202 men from the Health Professionals Follow-Up Study that focused on caffeinated coffee, tea and cola servings. They found that drinking three or more cups of caffeinated coffee daily was linked with an increased risk of developing the eye condition, especially for women with a family history of glaucoma. However, the researchers did not find associations with consumption of decaffeinated tea, chocolate or coffee.

"Because this is the first [such] study, confirmation of the U.S. results in other populations would be needed to lend more credence to the possibility that caffeinated coffee might be a modifiable risk factor for glaucoma," says Doctor of Science Jae Hee Kang, of the Channing Division of Network Medicine at Brigham and Women's Hospital, in Boston, Massachusetts. "It may also lead to research into other dietary or lifestyle risk factors."

essential purity.

globalbriefs

Cool Tool

New Calculations for Polar Ice

A new report from the University of Washington, in Seattle, published in the journal Science on polar ice sheets in Greenland and Antarctica, works to reconcile differences between sometimes-conflicting



research studies. Scientists compiled 20 years of data to determine how much ice is being lost and sea levels have increased as the global climate

Past studies have shown a range of ice losses, from zero to catastrophic. When the data was synthesized and analyzed holistically, it became clear that the ice sheets are losing three times as much ice each year as they did in the 1990s—in the middle of previous estimates.

Ice sheets are one of several main drivers of rising sea levels. Other factors, which account for 80 percent of the increase, include the melting of glaciers on land and the expansion of the sea itself as the atmosphere heats up. The melting of polar sea ice has no direct effect on sea levels because the ice is already in the water.

Glaciologist and co-author lan Joughin told The Christian Science Monitor, "The melting needs monitoring to further understand the ice sheet processes leading to the change."

Nordic Order

Sweden Running Out of Garbage Sweden's successful recycling program ensures that only 4 percent of the country's waste ends up in landfills, while the other 96 percent is reused. But this means incinerators that burn



waste to create heat and electricity are running short on fuel. As a solution, Sweden has recently begun to import about 800,000 tons of trash every year from other European countries, most of it from neighboring Norway, which finds it a cost-effective option.

Find details at Tinyurl.com/SwedishWaste.



Better Barters

Swapping Trash for Fresh Produce

Mexico City's innovative monthly Mercado del

Trueque (barter market) in Chapultepec Park is a win-

ning trifecta for citizens, local vegetable and plant vendors and the city's secretariat of the environment. There, residents can exchange cardboard, paper, glass, aluminum, plastic bottles, electronic devices and other waste for paper chits that are

The traders can then use the vouchers to buy tomatoes, potatoes, lettuce, lemons and other produce from participating farmers from sur-

lettuce, lemons and other produce from participating farmers from surrounding districts. Mexico produces 40 million tons of garbage annually, but only recycles about 15 percent. With this barter system, farmers have gained a new place to sell their produce and earn extra income, while the materials collected are processed for industrial reuse.

Source: IPSNews.net



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Silver Lining Cleaning Up the Cloud



The New York Times has reported that "cloud" data centers-which store YouTube videos, run Google searches and process eBay bidsuse about 2 percent of all electricity in the nation. In some data centers, up to 90 percent of the

energy is wasted.

Now, an industry consortium called the Uptime Institute is sponsoring a "server roundup" and handing out rodeo belt buckles to the Internet company that can take the largest number of heat-producing, energy-hungry servers offline. Many centers expend as much or more energy in cooling their facilities as in computing and transmitting data.

Sharing best practices has become common among data center pros. Facebook won the Institute's Audacious Idea award last year for its Open Compute Project, which enabled both its server and data center designs to be opensourced for anyone to access and improve upon.

Source: Slate.com

Online Literacy

Students Learning to Adopt Internet Academics The findings of a survey of teachers the Pew Research net & American in collaboration College Board National Writing

Project, show that

the Internet has opened up a vast world of information for today's students, but digital literacy skills need improvement.

Three-quarters of Advanced Placement and National Writing Project teachers say that the Internet and digital search tools have had a "mostly positive" impact on their students' research habits, but 87 percent say these technologies are creating an easily distracted generation with short attention spans, and 64 percent say they do more to divert students' attention than to help them academically.

The good news is that 99 percent of teachers in the study agree with the notion that, "The Internet enables students to access a wider range of resources than would otherwise be available," and 65 percent agree that, "It makes today's students more self-sufficient researchers."

Read the full report at Tinyurl.com/TeenResearch.

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Gas Saver

Keep Bucks in Your Pocket at the Pump

When mass transit isn't an option, drivers have many ways to save money by coaxing more miles per gallon (mpg) from their vehicle. It's easy to adopt some simple driving and maintenance habits.

Slow down. According to the U.S. Environmental Protection Agency (EPA), driving at 55 mph instead of 65 mph can

improve gas mileage by as much as 15 percent.

Reduce excess weight. An extra 100 pounds of nonessential cargo in a vehicle could reduce mpg by up to 2 percent, according to the U.S. Department of Energy.

Properly inflate tires. The increased surface area of the rubber in soft tires meeting the road creates ongoing drag

and a greater demand on the engine.

Keep the engine tuned. Regularly check and refresh fluid levels, especially in colder regions where winter places additional stress on engine parts. While high-quality synthetic motor oil blends may protect the engine better than conventional oil, they don't eliminate the need for regular oil changes, according to JiffyLube.com. The National Institute for Automotive Service Excellence notes that one misfiring spark plug can reduce fuel efficiency by up to 30 percent.

Avoid rapid accelerations and braking. The EPA estimates that about half of the energy needed to power a car is consumed during acceleration, and fuel economy can be improved by as much as 10 percent by avoiding unnecessary braking.

Keep the engine air filter clean. According to AAA. com, a clogged filter strains performance. In some cars, the filter can be easily checked by the owner; or drivers may ask a technician to do so during regular tune-ups.







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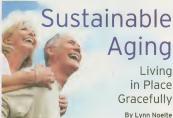
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greenliving



ith increasing numbers of boomers caring for elderly parents and eyeing the golden years themselves, accessory dwelling units (ADUs) are becoming an increasingly popular sustainable choice for aging in place as opposed to nursing homes, according to designer and builder Ann Raab.

"A lot of seniors prefer to live in their own homes rather than retirement or assisted living centers, so they can enjoy living as independently as possible," Raab explains. A significant and growing number of seniors are seeking this lifestyle, according to the American Association for Retired People, which says that 22.4 million households are providing care to a family member who is over 50 years of age. "It's really a blessing to both the caregiver and the individual wishing to maintain their health in a nurturing setting," Raab says.

The owner and principal of GreenPod Development, a construction company specializing in healthy modular homes, Raab notes there are significant financial and environmental benefits that come from living at home as long as possible. A few of these benefits include a reduced need for retirement homes and the ability for seniors to continue making meaningful healthy choices-choosing to eat organic rather than the fare offered at many assisted living facilities, for example. With some advance planning, many boomers are designing homes that will allow them to age in place, keeping them closer to loved ones, medical services and their entire community.

Through GreenPod, Raab has developed the Assisted dWellings Project, a line of housing designed to enhance senior's lives and health and make living at home as healthy and green as possible.

"There are no out-gassing products in the entire unit," Raab says, noting that even the heating and cooling system encourage a healthier environment by filtering out mold and mildew. Additional options include American Clay finishes on walls; which support optimal humidity levels, advanced Kangen water filtration systems, and more. Other custom options to support comfortable living for seniors include a support track from the bedroom to the bathroom for lift equipment, a built in cabinet next to the bed for oxygen tanks, emergency pull cords, and more.

Raab explains that small ADUs like the ones built by GreenPod are sometimes much easier to add to an existing property, since code and restrictions are often smoother to navigate with a small ADU.

"It's difficult to care for your aging parent if they live far away, and accessory dwelling units can be the bridge between bringing a parent into your home and still maintaining a sense of independence and space for everyone." she says. The Assisted dWellings Project offers homes manufactured locally using environmentally friendly materials designed for minimal maintenance.

"Living as independently as possible in a beautiful naturally lit, nurturing and peaceful environment promotes a healthy lifestyle on so many levels," Raab says. "With the right home, many seniors will be able to live closer to family without feeling like an imposition."

For more information; GreenPodDevelopment.com.



naturalpet

DETECTING DISEASE

Liver and Adrenal Issues Share Symptoms

by Dr. Shawn Messonnier

drenal and liver diseases can commonly plague pets, with adrenal problems occurring more often in dogs but routinely misdiagnosed, and liver disease more frequently present in cats.

Liver Disease

This inclusive term is used to describe any disorder of the liver. In both dogs and cats, common causes include toxins, infections, metabolic problems and tumors. In cats, infections and fatty liver disease are more likely, while dogs more often experience infections and tumors. Clinically affected pets are usually anorectic (not eating) and lethargic; in severe cases, jaundice may occur.

Conventional therapies depend to some extent on the cause, but in general, antibiotics and hospitalization for fluid therapy and forced feeding, often through a stomach tube, are necessary to give the pet the best chances of recovering. Pets with liver cancer are usually diagnosed too late to be a candidate for surgery, unless only one liver lobe is involved, or chemotherapy.

More gentle natural therapy often results in curing the condition, even in later stages, depending upon the root cause. The herb milk thistle is well known for its ability to

heal liver damage. B vitamins, as well as the nutritional supplements comprising S-adenosylmethionine (SAMe) and phosphatidylcholine, may also be effective treatments.

Adrenal Disease

Adrenal issues, especially common in middle-aged and older canines, can refer to Addison's disease or Cushing's disease—signifying decreased or increased adrenal function, respectively—and are commonly misdiagnosed as liver disease.

Addison's disease, although not prevalent, is often incorrectly diagnosed because its symptoms of reduced appetite, vomiting, diarrhea and weakness are shared with most other diseases. Blood testing can be helpful, but is not always definitive.

Cushing's disease is a more common problem. Signs mimic diabetes and kidney disease, including increases in appetite, thirst and urination. Accurate diagnosis requires specialized blood tests and abdominal sonograms.

Conventional treatment for either disease involves litifolong medication. Natural therapies that work to prevent and alleviate such ailments may involve adrenal glandular supplements, milk thistle and herbs such as licorice (for Addison's disease) or ginseng and magnolia bark (for Cushing's disease).

Regular laboratory testing is important for a pet to allow for early diagnosis and treatment of potentially life-threatening diseases. If a pet develops liver or adrenal disease, combining conventional therapies with natural remedies usually results in successful treatment of the condition.

Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the award-winning author of The Natural Health Bible for Dogs & Cats and Unexpected Miracles: Hope and Hollistic Healing for Pets. Visit PetCare Naturallxcom

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April 2013



Bright Green Future

Community Mission Fuels Supply Store Owners

By Ann Dorn and Sheldon O'dahl

hree dynamic siblings, natives of Seattle, Tyler, Cameron and Erin Reith, have created a new green building supply store with heart and purpose. Located in Seattle near the south end of the Ballard Bridge, Greenhome Solutions offers high quality building products made from repurposed resources, including wood flooring veneers made of scrap wood from the furniture industry, recycled glass countertops manufactured in an old local brewery, handmade tile from Portland. Oregon, and carpet the same color as the sheep it came from. These are just a few examples of sustainably-made green building products available at Greenhome Solutions.

Cameron, with his experience selling green real estate, and his brother Tyler, who has a background in construction, recruited their sister Erin to handle marketing, and in 2008. Greenhome Solutions was born. Not only did they survive the economic down-turn that plagued housing starts at that time, they are now thriving. Cameron credits developing relation-

ships, offering competitive pricing, and outstanding customer service as the secret to their success. Tyler says, "These values have always been central to our business philosophy." This community-

"It's a great community. The one thing everybody shares is a common goal and appreciation for natural resources, sustainably harvested products, and what they offer people."

centered philosophy helped them grow into the business they are today. And, not by accident either; the trio immediately recognized the importance of being a part of educating the community about the benefits of green building and selecting green building products and materials. Greenhome Solutions has been a strong supporter of local green building education initiatives alongside organizations such as The Northwest EcoBuilding Guild and Built Green.

"We started to build relationships in the community and proved that we have the right products and pricing, coupled with education and outreach," Reith says. "Builders and homeowners value good service, competitive price points, and knowledge about our products."

"Sticking with tried and true high quality products is very important," Tyler Reith explains. "We test products to make sure it's something we can stand behind."

Tried and true products available include popular countertop brands like Paperstone and EcoTop; hardwoods and bamboo from ECOTusion, Teragren, and EcoTimber; cork from Wicanders, Capri, and natural cork; Marmoleum flooring; dual flush toilet from TOTO and Caroma; wool carpeting from Unique Carpet and Godfrey Hirst; low and no VOC stains and finishes like Rubio Monocoat, and more.

While some consumers shy away from green options, mistakenly assuming they are too expensive, an increasing number of people are starting to see the value and investment potential of sustainable building. Many local consumers are "getting their green on" by participating in the annual Green Home Tour, which this trio from Greenhome Solutions has supported all three years of the tour, this year as presenting sponsor.

The Greenhome Solutions showroom will be open on Tour Day with one of the tour sites, a small dwelling by ShelterKraft, located in the parking lot. Over the years, the showroom has grown along with the inventory and staff. With the addition of two full-time sales people and two kitchen and bath designers, Greenhome Solutions caters to builders, designers, architects and contractors as well as to homeowners and DIYers. The 4,000+ square-foot showroom displays hundreds of products, ranging from wood and bamboo flooring to concrete countertops, from ceramic and porcelain tile to dualflush toilets, and from locally made. no-VOC cabinets to ESC-certified



decking (sustainably harvested). As Cameron explains, "We are constantly bringing on new products and improving our displays in the showroom. We try to make it easy and affordable for builders and homeowners to use goodquality, sustainably-made materials in their projects." "And clients appreciate the ease of one-stop shopping," adds Tess Robins, interior designer and fulltime sales staff person.

Elliott Kopet is Greenhome Solutions' contractor sales person, working with building professionals to provide competitively priced materials for single-family home remodels as well as multi-unit mixed-use new construction. Says Elliott: "The designers and contractors I work with know the market is increasingly requiring green building products and systems. My job is to help them stay within budget and on schedule, while offering the sustainable solutions their customers want." The staff at Greenhome Solutions often works with contractors and homeowners simultaneously, helping with product selections, managing lead times and ordering, and offering alternatives when budgets are tight.

Greenhome Solutions products can be viewed during the Green Home Tour at the following sites: E04 Clearwater Commons, SW05 Dwell Passivhause at Columbia Station, NO3 Hammer & Hand and VELOCIPEDE architects' Ballard Passive House, Lasting Nest's Dutch on Dibble Remodel,

Better Builders' Ford Remodel, and of course, N01 ShelterKraft CargoCottage, the green container home that will be in Greenhome Solutions parking lot during the tour (see the back of this magazine for the official tour brochure).

that perform and make a difference," says Cameron. "The market is shifting and events like the annual green home tour help inform consumers about what's out there and where to get it; that's why it is important for us to sponsor this great educational event," Tyler adds, explaining that the greater Seattle area is especially poised for growing interest in sustainable building options.

"It's a great community. The one thing everybody shares is a common goal and appreciation for natural resources, sustainably-harvested products, and what they offer people," Reith continues. "They aren't just looking at a remodel; they are looking at 'how can I make a difference by making my remodel more efficient, comfortable, and long-lasting."

Tyler explains it simply: "We strive to be Seattle's green building supplier by focusing on product knowledge, fair pricing and excellent





Eating Ecology Daily Decisions Make a Difference

by Judith Fertig

onsuming food has such an enormous ripple effect that making small changes, one meal at a time, can reap big benefits. How we choose, prepare, cook, serve and preserve our food can improve nutrition, weight loss, cost savings and the environment.

Decide What to Eat

Choosing what we eat is critical. New York Times food columnist Mark Bitman believes that no food is absolutely off limits because, "It's all in the way we use these things." Yet, he adds, "The evidence is clear. Plants promote health."

For the past few years, Bittman has experimented with eating vegan for breakfast and lunch, and then indulging at dinner. "It's just one model of a new way of eating," he says, "but it makes sense on many levels. By eating more plants, fewer animals and less processed food, I've lost 30 pounds

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and my cholesterol and blood sugar levels are normal again."

When a friend sent him a 21stcentury United Nations study on how intensive livestock production causes more greenhouse gas emissions than driving a car, Bittman realized how a change of diet is a win-win for him and the environment.

For a wake-up call on how our food choices affect the planet, the Center for Science in the Public Interest offers a short quiz at Tinyurl.com/EatingGreenCalculator.

Identify Good Sources

"One of the most ecologically conscious things you can do to make a great meal is prepare it with food that you grew yourself," says New York-based lifestyle writer Jen Laskey, who blogs at Frugaltopia.com. "Plant a small vegetable garden and a few fruit trees in your yard or join a local community garden. Even sprouting an herb garden on a windowsill will make a difference; plus, everyone in your household will appreciate the choice in fresh seasonings."

Kansas City Star journalist Cindy Hoedel suggests planting parsley, basil, dill and other herbs every three to six weeks in eggshells in a sunny window after the outdoor growing season for a year-round tasty harvest.

When shopping, renowned activist, author and ecostylist Danny Seo, of Bucks County, Pennsylvania, suggests bringing along reusable shopping bags and choosing local foods when possible, plus sustainable seafood and free trade, organic and hormone-free foods. The Socially Responsible Agricultural Project offers more eco-shopping tips, such as carpooling grocery trips and avoiding products with more than five ingredients, at Tinyurl.com/ShopHealthier.

Prepare and Serve Righteously

"On average, each person throws about \$600 worth of food into the trash every year because of spoilage," says Seo. Instead of rinsing food before storing, which causes more spoilage, he recommends cleaning it right before meal preparation.

Buying what's in season (and thus less expensive) makes sense, advises Hoedel. "When you find fresh produce on sale, buy it in large quantities and boil it (one to five minutes, depending on how long the regular cooking time is), and then freeze it in glass containers. This saves money and plastic packaging waste." Hoedel also likes to store lemon wedges, chopped onions and other leftovers in small glass jars instead of plastic bags.

Seo suggests using real dinnerware, glasses and utensils instead of disposable products. For a touch of elegance,

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take the advice of travel expert Kathy Denis, of Leawood, Kansas. "Adopt the traditional French practice of usingand reusing-a cloth napkin all week. or until it is too soiled to use," she recommends, "Family members like to have a personal napkin ring. Each napkin gets shaken out and then rolled up in the ring for use at another meal."

"Saving leftovers in the freezer helps keep it full (which helps it run more efficiently) and ensures future meals that require minimal energy to prepare," advises Seo.

Hoedel's zero-waste tips, shared via Twitter, include making and freez-

"Double recipes to maximize your time and the fuel used to cook. bake or grill. Then, think like a restaurant chef and use what you have in creative ways."

~ Kim O'Donnel, author. The Meat Lover's Meatless Celebrations: Year-Round Vegetarian Feasts

ing lots of end-of-season pasta sauce with tomatoes, peppers and basil.

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Food can also be canned or pickled. Seattle cookbook author Kim O'Donnel, who founded Canning Across America and is known for her meatless recipes, says, "My only regret about canning is that I waited so long. Learning how to extend the season of my favorite fruits and vegetables in a jar is one of the most gratifying and useful skills I've acquired as an adult." As green eating habits add up.

Bittman says he enjoys... "a bit of self-satisfaction knowing that, by an infinitesimal amount, I'm reducing the pace of global warming. And I'm saving money by buying more 'real' food and less meat and packaged junk."

Award-winning cookbook author Judith Fertig blogs at AlfrescoFood AndLifestyle.blogspot.com.

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Earth Music

Saving Nature's Wild Symphony

by Bernie Krause

fe may be drawn to the sounds of waves or woodland streams or beguiled by the subtle winds and creature voices of the desert or mountains. Whatever captures our imagination, as we actively listen, something in a wild animal's repertoire will cause us to catch our breath.

Nature teems with a vigorous resonance that is as complete and expansive as it is delicately balanced. Every place on the planet populated by plants and wild animals is a concert hall, with a unique orchestra performing an unmatched symphony. Each resident species possesses its own preferred sonic bandwidth—to blend or contrast—akin to how stringed, woodwind, brass and percussion instruments stake out acoustic territory in an orchestral masterpiece.

Into Earth's daily round are embedded the dawn and daytime, evening and nighttime choruses. Whatever the purpose of a creature's aural signal—mating, protecting territory, capturing food, group defense, play or social contact—it must be audible and free from human acoustical interference if the species is to successfully function.

During the last half of the 20th century, I recorded the wild sounds of more than 15,000 species and 4,500 hours of natural ambience. Nearly 50 percent of these land, sea and sky habitats have since then become seriously compromised, if not biophonically silent. The loss of representative habitats due to human presence and noise has resulted in declines in the density and diversity of creatures large and small that contribute to healthy natural soundscapes.

Fortunately, in the absence of human habitation, these places can become lively again. Fellow British soundscape ecologist Peter Cusack wrote of the restoration of wildlife 20 years after the 1986 Chernobyl nuclear catastrophe in the Ukraine. "Animals and birds absent for many decades—wolves, moose, white-tailed eagles, black storks—have moved back, and the Chernobyl [human] exclusion zone is now one of Europe's prime wildlife sites. The species-rich dawn chorus is one of Chernobyl's definitive sounds... its nighttime concerts equally spectacular."

In 1968, 45 percent of the old-growth forests in the contiguous United States were still standing; by 2011 it was less than 2 percent. Before the forest echoes die, we may want to step back for a moment and listen carefully to the chorus of the natural world where rivers of sound flow, ranging from crickets, frogs and insects to wrens, condors,



cheetahs, wolves—and us. Otherwise we are denying ourselves the fullest experience of that which is essential to our spiritual and psychological health.

The whisper of every leaf and creature's song implores us to love and care for the delicate tapestry of the biophony that was the first music our species ever heard. It told us that we are part of a single, fragile biological system; voices in an orchestra of many, with no more important cause than the celebration of life itself.

Adapted excerpt from The Great Animal Orchestra, by Bernie Krause, used with permission of Little, Brown and Company. Listen in at WildSanctuary.com and learn more at NatureSounds.org and WorldListeningProject.org.

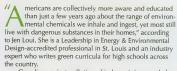


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Household Cleanse

Banish these Five Chemicals for a Domestic Detox

by Gail Griswold-Elwyn



Guarding against pollution of indoor air is a good place to start: the U.S. Environmental Protection Agency (EPA) has ranked poor air quality among the leading environmental dangers, reporting links to many common health problems. Here's how to rid the family home of the top five common household toxins.

Formaldehyde, Traces of this toxin, the same chemical used to embalm the deceased, pervade almost every room, "My clients are often shocked to learn that they likely ingest this toxic, cancer-causing chemical every day of their lives," says P. Richelle White, a sustainable lifestyle coach and co-owner



of Herb'n Maid, a green cleaning and concierge service in St. Louis. "Because formaldehyde is often an ingredient in everyday things like cosmetics, faux wood furniture and conventional cleaning products, they get a daily dose of it."

Even at low levels, formaldehyde can cause eye, nose, throat and skin irritation; at its most malignant levels, it can cause severe allergic asthma, infertility and lymphoma, according to the Illinois Department of Public Health.

Healthier choices: Switch to all-natural beauty products and cosmetics. At minimum, check that compressed wood fibers don't use a formaldehyde-based chemical as a binding agent; better yet, choose natural, reclaimed wood for interior surfaces and furnishings.

Polyvinyl chloride. PVC is omnipresent and dangerous. Water bottles, nylon backpacks, pipes, insulation and vinyl tiles generally contain PVC, as well as almost anything waterproofed, such as baby changing mats and mattress



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covers. PVC usually contains plasticizers called phthalates, which are released over time; it also can chemically combine with other organic materials to produce toxic dioxin byproducts. According to Greenpeace and the Natural Resources Defense Council (NRDC), PVC byproducts and vapors are endocrine disruptors that can mimic or block hormones in the body. In addition, the EPA has linked PVC to serious respiratory problems, immune suppression and cancer.

Healthier choices: Look for PVC-free plastics. When shopping for waterproofed items, choose those with coatings made from polyurethane or polyester.

Phthalates, A 2007 report by the NRDC notes that 12 out of 14 common brands of household air fresheners and room sprays contain phthalates, which people regularly inhale primarily because these chemicals prolong the time that products maintain their fragrance. In studies conducted by the World Health Organization, researchers concluded that consistent exposure to phthalates could increase the risks for endocrine, reproductive and developmental problems. The majority of synthetic air fresheners were found to also emit significant amounts of terpene, a volatile organic compound

"Allergies, asthma, lung cancer and heart problems have all been linked to poor indoor air quality."

~ IJ.S. FPA

(VOC) that can react with naturally occurring ozone to create formaldehyde.

Healthier choices: Put boxes of baking soda in cabinets to absorb odors and scent interiors with all-natural oils and potpourri.

Chlorine. According to the American Lung Association, most conventional cleaning products include some chlorine, with large concentrations in bleach. Inhalation of chlorine can irritate the respiratory system; prolonged exposure can lead to lung disease and asthma.

Healthier choices: Purchase chlorine-free cleaning products, especially chlorine-free bleach. Or make inexpensive solutions of white, distilled vinegar mixed with a little lemon for scent for a multipurpose, multi-surface cleaner, try baking soda as a scrubbing powder.

Volatile organic compounds. VOCs are emitted as harmful gases by a wide array of products including paints, lacquers and paint strippers; cleaning supplies; pesticides; carpets and furnishings; office copiers and printers, correction fluids and carbonless copy paper; plus graphics and craft materials that include glues and adhesives, permanent markers and photographic solutions. The EPA calculates that, "Concentrations of many VOCs are consistently higher [up to 10 times] indoors than outdoors."

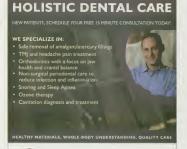
Healthier choices: Look for VOC-free products and

consider using organic clay paint, which has the added benefit of acting as an absorbent of toxic gases.

Most people spend up to 90 percent of their time indoors, where the air quality can be two to five times (and even up to 100 times) more polluted than the air we breathe outside, according to the EPA. "A simple solution is to open windows for a portion of each day or night to let in fresh air," advises Loui. Making these choices enables us to protect ourselves better at home.

Gail Griswold-Ehvyn is founding president of Rethink Renovations, of St. Louis, MO, which offers green design/ build and construction services, including cabinetry and furniture that minimize environmental impact. Connect at 314-32-8465 or Rethinklenovations com

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Healing the Ecosystem Within

A Conversation with Bioneers Co-Founder Nina Simons

by Brita Belli

ioneers are innovators from all walks of life, seeking to make the world a better place in ways that respect the Earth and all of its inhabitants. Their organization, considered a "network of networks," connects people and ideas through their annual National Bioneers Conference, local community action groups and original multimedia productions, including

the award-winning "Revolution from the Heart of Nature" radio series.

Bioneers co-founder Nina Simons, co-editor of Moonrise: The Power of Women Leading from the Heart, talked with Natural Awakenings about the role each of us plays today in creating a more sustainable tomorrow.

How can we be hopeful about the state of the Earth? I feel that we each need to cultivate a

balanced view. It's important to hold what I call a "both/ and" awareness, which recognizes how seriously our planet's life support systems are compromised and how intensive the demand is for us to engage in reversing their deterioration. At the same time. I remain deeply hopeful, because so many people are awakening to the urgency of the issues we

face and many more are now mobilizing to act in positive ways.

Does this mean that you see a societal shift toward a better way of thinking?

a Detter way of thinking?

Our state of mind is directly affected by where we place our attention. If our primary source of information is mainstream media, then it's easy to feel depressed and hopeless. Each of us would benefit from limiting our daily

media intake, because it influences our inner story and impacts how we nourish our psyches, stories and visions.

One of the greatest medicines for despair is action. When we act on behalf of what we love and those in need, it can help restore gratitude, a sense of faith and a more balanced view. That's why natural disasters often ellicit the best kinds of responses human beings can offer: compassion, empathy and a desire to generously contribute to solutions.

To what extent does healing the Earth depend on healing ourselves?

We co-created the current political, economic, energy, industrial and food production systems based on competition and hierarchies that are wreaking havoc on Planet Earth and on our collective quality of life and future survival. As long as we participate in them, we perpetuate them. We have an immense opportunity to reinvent our selves and society's systems right now.

Our culture conditions us to be hard on ourselves, judging and comparing our talents and actions while often valuing ourselves primarily based on our work or relationships. To be the most effective change agents we can be, I believe we need to reverse these patterns and learn to consider ourselves and all of life as sacred and inherently worthy of love.

One of the most powerful things each of us can do at this pivotal point is to claim full responsibility for our inner "story-scape"—to shift our personal story about the impacts we're capable of having, what our capacity for action really is and how bringing ourselves in service to life at this moment can be meaningful, joyful and effective.

Isn't there often a conflict between what people believe and what they do?

We each contain a complex ecosystem within us. The more we can become conscious of cultivating ourselves to be authentically and fully in heartfelt service to what we love, the better we can show up on behalf of the Earth and

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the people and creatures with whom we share it as home.

Do you see women playing a particular role in this transformation?

While every person is a unique mix of both masculine and feminine qualities. I think that women as a whole have a deeply embedded coding that inclines us to be especially strong in caring, compassion and collaboration. As leadership capacities, I believe these three-and connecting across differences-may be among the most essential to resilience. Our future as a species will clearly benefit from more women finding their voice, truth and connections to power.

The more women that can articulate their individual experiences in support of an inclusive collective vision, the more we can begin to tip our institutions, culture and the men we love to increasingly value these "feminine traits," which I refer to as relational intelligence. For a long time. we have perpetuated a fatally flawed culture that has put intellect first. It's past time that we all put the wisdom of our hearts, bodies and intuition first, with intellect in a supporting role.

Freelance writer Brita Belli is the editor of E-The Environmental Magazine. Connect at BritaBelli.com.





Honoring Earth Day

Go Green at Parks and Other Community Events

ost kids don't have a clue what wilderness means," observes Robin Snyder, chief of visitor services at New River Gorge National River, in West Virginia. "Many haven't been exposed to basic outdoor nature activities." That's why the National Park Service annually soprosors more than 57 (2000 local school and park pro-

grams across the country, reaching 2.9 million students each year. More than 810,000 children also are participating in its Junior Ranger program, Many programs reflect First Lady Michelle

Obama's child wellness initiative, with the appropriate twist, "Let's move outside."

This year's National Park Week, from April 20 to 28, centered on Earth Day, will offer free weekday admission to all 398 national parks from April 22 to 26, adding 134 more historic sites, preserves, recreation areas and other sites to the usual 264 with no entrance fee. Earth Day's 43rd anniversary celebrations throughout America and worldwide will encourage everyone to join in the next "billion acts of green," aligned with the theme: The Face of Climate Change.

"In the face of unprecedented occurrences of extreme weather, loss of species and pollution, it is clear that climate change is affecting our planet. We cannot afford to wait any longer to act," advises the Earth Day Network, which posts many ideas for participating at EarthDay.org/takeaction.

Find local park activities by state at nps.gov/findapark/event-search.htm or check a park's website for upcoming programs.



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GET YOUR LIFE BACK, IT'S TIME TO START LIVING AGAIN!

Experience All-Natural Pain Relief Like I Did

"Through the years, accidents had left me with a crushed heel, seven herniated discs and a tom rotator cuff, I was spending \$4,500 a month on medication prescriptions including for pain and became addicted to oxycontin. Finally, I decided not to allow drugs to control my life anymore.



I became intrigued by an upand-coming natural aid: Emu Oil. Out of personal necessity to get off drugs, aided by pain management doctors, other

medical personnel, herbalists and lengthy research and development. I created the natural topical pain relief product, Dr. Emu's Rx for Pain

It not only eased my pain within minutes, it also made my life more livable again. Since then, many physical therapists, chiropractors and pain management doctors have testified to its apparent effectiveness with their patients."

> Darrell Hart. founder and CEO of Everlasting Health

Here's What Some of Our Customers Have to Say About Dr. Emu's Rx for Pain:

"I have been using this for 3 months to relieve my arthritis pain and it has been a lifesaver on my bad days! LOVE it!"

Angle at ForLivingStrong.com "I had a knee injury for 15 years. After using this three times over three months my knee was better.

Jeffrey Mark Bablitz

"I ... was amazed at how good this is. It has taken away the pain from my hip/leg/ankle and reduced the swelling in my ankles I get every summer. Thank you!"

"I was told about this by my doctor's office. It truly helped my back and knee pain. It is a little costly but well worth the extra cost over others in discount stores. It works so well. I don't even need to use it as much now. Thank you for bringing it to us." Tony, Naples, FL

All-Natural Ingredients Include: Emu Oil:

- Certified Emu Oil · Penetrates Quickly
- · Aloe Vera · MSM
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- Chondroitin
- · Essential Oils
- · Oriental Herbs
- Complex Vitamins
- · Botanical Extracts Antioxidants
- · Promotes Healing
 - · Provides Essential Fatty Acids

· Reduces Swelling

· Reduces Scarring

· Decreases Wrinkles

· Promotes Healthy Skin

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calendarofevents

NOTE: All Calendar events must be received by the 12th of the month prior to publication and adhere to our guidelines. Email Calendar@SeattleAwakenIngs.com for guidelines and to submit entrie: Alternatively, visit SeattleAwakenings.com to submit online.

TUESDAY, APRIL 2

Raja and Hatha Yoga Intensive — Tuesdays through June Is. 6-9m. Anandië some spopular and comprehensive course, study and practice meditation, Pantajailiš 8-Fold Peth, mantra, pranayama, chanting, affirmations, chakra exercises, karma, reincamation, kundalini, astral and causal planes, yoga postures, healing, diet, and yoga routines. 5440. East West bookshop, 6500 Roosevelt Way NE, Sentle. Registration required. 425-806-3700. Ananad Washington org.

WEDNESDAY, APRIL 3

Free Information Session for Weekend Programs – 6-9m, Spend an enlightening evening exploring a variety of Bastyr's new non-credit programs: Essential Oil & Aromatherapy, Medical Qisong, Hypnotherapy, Indigenous Wisdom Teachings, and CranioSacral Therapy. Meet the instructors and ask questions and experience a mini-workshop. Free Bastyr University, 14500 Juanita Dr NE, Kemmore. Registration required. 425-602-3125. Bastyredu/Continuips-Education.

THURSDAY, APRIL 4

Raja and Hatha Yoga Intensive – Thursdays through June 20. 6-9:15pm. See April 2 description. \$440. Ananda Meditation Temple, 23305 Bothell-Everett Hwy, Bothell. Registration required. 425-806-3700. AnandaWashington.org.

FRIDAY, APRIL 5

New Feminine Paradigm Goddess Class – Classes touch on all areas of life to turn fear into pleasure and live the life of one's dreams. This is



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206-419-9550 SeattleNaturalMattress.com an 8 week course with guest speakers and field trips around the community. \$40, Register by March 30 for special 2 for 1 pricing. 360-269-4955.

TUESDAY, APRIL 9

Celebrating Beauty - A Team Nothrup Telegathering - 5-6pm. Spring is a wonderful time to take stock of everything beautiful in one's life. Join women's health expert Dr. Christiane Northrup to learn how celebrating life can be one of the best wellness practices to incorporate into one's lifestyle. Free. Online. Register. SeattleHealthAndTreadom@gamali.com.

WEDNESDAY, APRIL 10

Weigh to Go! — Wednesdays through June 10. 6-fpm. Weigh to Go is a 9-week weight management and lifestyle program developed by Bastyr's nutrition and clinical health psychology faculty. This unique and comprehensive program combines individual counseling with weekly group sessions to help meet personal goals for a healthier lifestyle. 3300. Bastyr Center for Natural Health, 3670 Stone Way N, Seattle. Registration required. 206-925-4662. Bastyr-Center ory/content/view/1293.

SATURDAY, APRIL 13

Free Reiki One Certification Class – 9am-4pm. This is great training for the beginner or the practitioner who is thinking of teaching or a person just needing an energy healing. Free. Reiki Ranch School. Call for directions. Chehalis. Registration required. 360-748-4426. ReikiRanch. com

Reiki Master Usui Training — Saturday and Sunday, 9am-6pm. Take the full Reiki I, I, III courses and become a Reiki Master. Get into the flow of one's connection to higher-self and feet he you that is within. \$200. Reiki Ranch School. Call for directions. Chehalis, Registration required. 360-748-4426. ReikiRanch.com.

FRIDAY, APRIL 19

Journey Through Dance - Middle Eastern Dance Performance Starling Roshama Nofret.

7-9pm. Roshama Nofret, one of the most beautiful dancers in the Middle Eastern genre today, in the Seattle area for the first time, will perform in a concert with dancer and international film maker Tamalyn Dallal and 12 other dancers and musicians. S0. Zamani culture House, 23718 Bothell Everett Highway Ste C, Bothell. 206-226-3882. ThumslynDallal(grayhoo.com.

SATURDAY, APRIL 20

Learn to Meditate: Inner Peace through Relaxation and Concentration — 9:30m-12pm. Meditation is natural and deeply rewarding offering a direct and intuitive perception of higher states of consciousness. Learn how to use simple stretches and breath-control techniques to release tension and relax the body, how to concentrate the mind and more. \$25. Annuala Meditation Temple, 2305 Bothell Everett Hwy, Bothell. Registration required 425-806-3700. Annuala Washington org.

Epic Space, Moving Music – 8pm. Abbey Arts presents the fifth Cathedrals concert, a contemplative evening of indie acoustic music. Featuring Mirah, The Moondoggies and Shenandoah Davis. St. Mark's Cathedral on Capitol Hill. Buy tickets: Cathedrals.5.pht.me.

MONDAY, APRIL 22

Introduction to Mindfulness – Mondays through May 20. 1-3 30pm. With Tim Burnett, Mindfulness Northwest. For anyone interested in mindfulness or personal development, improvement in chronic stress-related conditions, and seeking more balance and equanimity in life. Willumino, 6921 Roosevelt Way NE, Seattle, Registration required, MindfulnessNorthwest com.

Women & Wealth - 7-8:30pm. An intimate discussion on creating wealth exploring topics including: the most common myths about women & money, how to create optimal wealth & health simultaneously and more. Free. Roy Street Coffee & Tea, 700 Broadway Ave E, Seattle. Registration required. 206-552-8819. Bitly com/womenandwealth.

SATURDAY, APRIL 27

NW Green Home Tour 2013 - 11am-5pm. Free public tour of green homes spotlighting sustainable building practices in the greater Seattle area.

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Your Choice for a Sustainable Future 425.373 1987



Multiple locations. NWGreenHomeTour.org.

Conscious Health Conscious Wealth Seminar -

1-2:30pm. Expand prosperity and integrity around money, explore ways to direct your passion to provide service to others, and create a better story around health and wealth. Free. The Dance Space, 124 N 103rd St, Seattle. Registration required. 206-552-8819 Chcwapril27.eventbrite.com.

save the date

THURSDAY, MAY 9

Higher Brain Living - 7-9pm. With Zachary Polsfuss and Craig Polsfuss, psychologist. This event will give the tools needed to have a thriving business as a chiropractor, coach, holistic health practitioner, psychologist or bodyworker. See the transfer of energy from the primal brain to the higher brain with clients live. Higher Brain Living not only promotes healing in body, mind, and spirit but more importantly energizes the highest part of the brain and helps humanity thrive in all dimensions of their lives. Free with pre-registration or \$25 at door. Hilton Vancouver Metrotown. 6083 McKay Ave, Burnaby, BC. Register: HigherBrainLivingEvents.com.

Living Your Spirituality Every Moment - Thursdays through June 13. 7:30-9pm. With Nayaswami Jamuna Snitkin. Swami Kriyananda's Akash lessons give principles to incorporate into consciousness, opening the door to success and happiness. \$75. Ananda Meditation Temple, 23305 Bothell Everett Hwy, Bothell. Registration required, 425-806-3700. Ananda Washington.org.

THURSDAY, MAY 16

Higher Brain Living - 7-9pm. See May 9 description. Free with pre-registration or \$25 at door. Bellevue Hilton, 300 112th Ave SE, Bellevue. Register: HigherBrainLivingEvents.com.

SATURDAY, MAY 25

Free Reiki 1 Certification Training - 9:00am-4pm. This is great training for the beginner or the practitioner who is thinking of teaching or a person just needing an energy healing. Free with \$15 donation for manual. Reiki Ranch School, Chehalis. Registration required, 360-748-4426. ReikiRanch.com.

Reiki Master Usui Training - Saturday and Sunday. 9am-6pm. Take the full Reiki I, II, III courses and become a Reiki Master. Get into the flow of one's connection to higher-self and feel the joy that is within. \$200. Reiki Ranch School, Chehalis. Registration required. 360-748-4426. ReikiRanch.com.

SATURDAY, JUNE 1

Annual Herb and Food Fair - 10am-5pm, Join Bastyr University students, staff and faculty at the 15th Annual Food and Herb Fair, a free community event that is is expected to bring thousands of visitors to the Kenmore campus. This year, the theme of the event is "Everything Old Is New Again." Bastyr University, 14500 Juanita Drive NE, Kenmore. Bastyr.edu.



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Five Mountains Institute of Qigong and Taijiquan – Live Healthier. Sustain Vitality. Classes in Embracing the Taoist Tradition. Dennis Sharp, Certified Instructor. 6532 Phinney Ave N, Seattle. 425-775-9609. FMI-Qigong.com.



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ongoingevents

sunday

Free Energy healing Clinic – Second Sunday, 1-4pm. Come to the Reiki Ranch free energy healing clinic and get relief from pain, depression, sadness, anxiety, lack of money and more. Practitioners rivited. Free with donations accepted. Reiki Ranch School, Call for directions. Chehalis. Registration required. 360-748-4426. ReikiRanch.com.

monday

Uplift Yourself Qigong – 8:30-9:45am. With Kathy Fogarty. Zhineng Qigong. M'illumino, 6921 Roosevelt Way NE, Seattle. Registration required. 425-688-8585. Info@upliftyourself.com.

tuesday

Eagle Eyes-Light Body Awareness Through Movement® Classes – 9-10am. With Annie Thoe. April features Feldenkrais lessons to improve flexibility and tracking of eyes with the whole body. See more range with color, detail and sharpness. Improve balance and grace and connect with visionary gifts. 560/4 classes or \$17 drop-in. M'illumino, 6921 Roosevelt Way NE, Seattle. Registration required. 206-271-4270. AnnieThoe@illpheraction.com.

Tribal Style Bellydance – 7-9pm. With Shay Moore. Classes get people moving to the global groove as they develop core tribal bellydance movements with strength, grace and flexibility. Women of all ages, shapes, sizes and experience welcome. M'illumino, 6921 Roosevelt Way NE, Seattle. Registration required. DeepRootsDance.com.

wednesday

Do you love to garden? — 9am-12pm. Join this volunteer group each Wednesday & Thursday to belp maintain and improve the Arboretum grounds and gardens. This is an opportunity to share gardening tips with others and to learn from friendly gardening experts. No prior experience required—come when you can Lake Wildenmess Arboretum, 2520 SE 248th St, Maple Valley. 253-293-5103. Info@lakewildemessarboretum.

Feldenkrais® Awareness Through Movement 11am-12pm. With LecAm Starovasnik. Engage the brain and body in new ways while learning to nove more easily, more comfortably and even more playfully. \$75/5 prepaid classes, \$20 drop-in. M'illumino, 6921 Roosevelt Way NE, Seattle. 206-7272-8822. LecAm@NextStepConsultingine.com.

thursday

Do you love to garden? — 9am-12pm. See Wednesday description. Lake Wilderness Arboretum, 22520 SE 248th St, Maple Valley. 253-293-5103. Info@lakewildernessarboretum.org.

Feldenkrais® Awareness Through Movement-6:30-7:30pm. With LeeAnn Starovasnik. Engage the brain and body in new ways while learning to move more easily, more comfortably and even more playfully. \$75/5 prepaid classes, \$20 drop-in. M'Illumino, 6921 Roosevelt Way NF, Seattle. 206-372-28822. LeeAnn@NeXtStepConsultinginc.com.

Tribal Style Bellydance – 7-9pm. With Shay Moore. Classes get people moving to the global groove as they develop core tribal bellydance movements with strength, grace and flexibility. Women of all ages, shapes, sizes and experience welcome. M'illumino, 6921 Roosevelt Way NE, Seattle. Registration required. DeepRootsDance.com.

friday

InterPlay — 10:30am-12pm. An improvisational practice that playfully explores the things a body can do; move, make sounds, tell stories, sing, and experience stillness. Based on life-affining body wisdom principles and the transformative power of play, 510 suggested donation. M'illumino, 6921 Roosevelt Way NE, Seattle. 206-525-0363. M-illumino, company of the playful provided that the playful provided the

saturday

A Gathering of Men – Second Saturday, 8an-12pm. We are a community of men who gather monthly in our circle to sound our druns, raise our voices in song and speak from the wisdom of our personal experience. This is an independent, secular organization. All stories told her are held in confidence, Federonds Unitarian Universalist Church, 8179-224 Street SW, Edmonds Unitarian Universalist Church, 8179-224 Street SW, Edmonds Unifologagathering ofmen.org. Adhtering Offlene.org.

Feldenkrais® Awareness Through Movement— 9-10-15am. With LecAnn Starovanik. Engage the brain and body in new ways while learning to move more easily, more comfortably and even more playfully. Room 3. \$75/5 prepaid classes, \$20 drop-in. M 'illumino, 6921 Roosevelt Way NE, Seattle. 205– 372-8822. LecAnn@MextStyeConsultingine.com.

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natural

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